iFIT® LINK

Activity Tracker

User's Manual

Model No. IFLINK115.0
Model No. IFLINKWM15.0

Table of Contents

Important Precautions 1

Questions? 2

What's In The Box 2

Getting Started 2

Install The iFit Track App And Set Up The Tracker Pod 3

Charge The Tracker Pod 4

Wear The Tracker Pod 6

Clean The Band 6

Use The Tracker Pod. 7

Compliance Information 10

Recycling Information 11

Battery Information. 11

Limited Warranty . . . . . Back Cover

Limited Warranty For Europe . . . . . Back Cover

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of this product are informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use this product only as described in this manual.**
4. **Keep this product away from children under age 13 and pets at all times.**
5. **Use only the included charger with a certified computer, powered hub, or power supply to charge the battery in the tracker pod.**
6. **Do not attempt to open or disassemble the tracker pod; the battery is not replaceable or serviceable.**
7. **Do not use this product in a sauna or a steam room or while diving; do not place this product in a dishwasher, washing machine, or dryer.**
8. **If you experience any skin irritation while using this product, see WEAR THE TRACKER POD on page 6.**
9. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**
10. **Do not use abrasive cleaners to clean this product.**
11. **Do not expose the tracker pod to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.**

iFIT® LINK

Questions?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE. Please visit our Customer Care website at support.iFit.com or send e-mail to support@iFit.com.**

What's In The Box

Tracker Pod, S/M Band, L/XL Band

Charger

Getting Started

1. Install the iFit Track app on your iOS® or Android™ device and set up the tracker pod.
   Use the iFit Track app to set up an iFit account, pair and set up the tracker pod, customize settings for the tracker pod, set goals, and enter and track information. See INSTALL THE IFIT TRACK APP AND SET UP THE TRACKER POD on page 3.

2. Learn how to charge the tracker pod.
   Charge the tracker pod with the included charger. See CHARGE THE TRACKER POD on page 4.

3. Learn how to wear the tracker pod.
   Wear the tracker pod in the included band or carry it independently. See WEAR THE TRACKER POD on page 6.

4. Learn how to use the tracker pod.
   Use the tracker pod to track and sync calorie information, steps, distance, sleep, and exercise activity to the iFit Track app. See USE THE TRACKER POD page 7.

Install The iFit Track App And Set Up The Tracker Pod

Install the iFit Track App

The iFit app can be used with your **iOS device (iPhone® 4s and later)** or your **Android device (Android 4.3 and later)** that supports BLUETOOTH® 4.0 wireless technology.

On your iOS or Android device, open the App Store℠ or the Google Play™ store, search for the free iFit Track app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.**

Activate the Tracker Pod

The first time you use the tracker pod, it may be necessary to activate it. To do this, press the button on the tracker pod 1 time; this will remove the tracker pod from shipment mode.

Pair, Set Up, and Sync the Tracker Pod

Open the iFit Track app and follow the instructions to set up an iFit account and pair the tracker pod to the iFit Track app on your device. As part of the pairing process, select the tracker pod from the list of discoverable devices shown in the iFit Track app.

After it is paired, the tracker pod will sync automatically whenever the iFit Track app is open and the BLUETOOTH option is enabled on your device. You can also sync the tracker pod manually in the iFit Track app.

Follow the instructions in the iFit Track app to customize settings for the tracker pod, enter and track information, and set goals. **Make sure to customize the settings and check the calibration of the tracker pod.**

Charge The Tracker Pod

Battery Life

The tracker pod contains a rechargeable lithium battery. With normal use, a fully charged tracker pod will run for approximately 5 to 7 days before needing a charge. To check the battery level of the tracker pod, press the button on the tracker pod 2 times; the LED indicators will show the battery level (see CHECK THE BATTERY LEVEL on page 7).

Charge the Tracker Pod

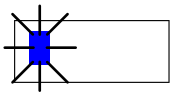
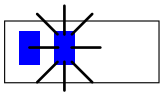
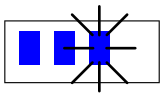
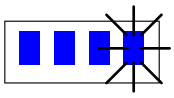
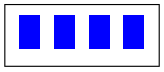
To charge the tracker pod, first remove it from the band. Next, align the tab and the contacts on the tracker pod with the slot and the pins on the charger, and then insert the tracker pod into the charger.

Note: You cannot attach the charger to the tracker pod while it is inserted in the band.

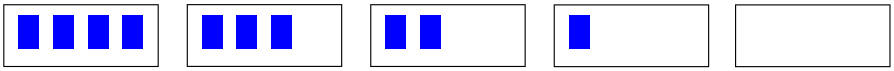
Then, plug the charger into a USB port on your computer. It will take approximately 4 to 8 hours for the tracker pod to charge completely.

Note: To charge the tracker pod more quickly, plug the charger into a USB wall adapter (not included) or a USB car charger (not included).

When the charger is plugged in, the LED indicators on the tracker pod will show the current battery level.

	LED Indicators	Battery Level Percentage
	1 flashing	25 or less
	1 solid, 1 flashing	26–50
	2 solid, 1 flashing	51–75
	3 solid, 1 flashing	76–99
	4 solid	100

When the battery level is at **zero percent**, the LED indicators on the tracker pod will appear in the following pattern when the charger is first plugged in.



To check the battery level when the tracker pod is not attached to the charger, see CHECK THE BATTERY LEVEL on page 7.

Wear The Tracker Pod

In The Band

How to Insert the Tracker Pod Into the Band

Orient the tracker pod and the band as shown. **Make sure that the display on the tracker pod is aligned with the display window on the band.** Flex the band and press the tracker pod into the opening in the inner side of the band. Reverse these actions to remove the tracker pod from the band.

Note: More than one band may be included with this model; select the band that best fits your wrist.

How to Fasten the Band

Wrap the band around your wrist and press the pegs on the clasp firmly into the desired adjustment holes. **Make sure that the band is slightly loose on your wrist**. Reverse these actions to unfasten the band.

Note: As with any watch or jewelry, a very small percentage of users may experience skin irritation while wearing the band. If you experience any skin irritation, discontinue wearing the band and carry the tracker pod independently in your pocket. If you have questions, send email to support@iFit.com.

Independently

To carry the tracker pod independently, simply place it in your pocket. **Make sure that the tracker pod will not fall out of your pocket as you move.**

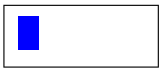
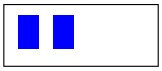
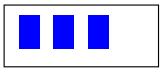
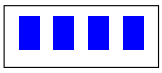
Clean The Band

If you wear the tracker pod in the band, regularly remove the band and clean it with water and a few drops of mild liquid soap. **Do not place the band or the tracker pod in a dishwasher, washing machine, or dryer.** Allow the band to dry thoroughly before you put it back on your wrist.

Use The Tracker Pod

Check the Battery Level

Press the button on the tracker pod 2 times to check the battery level of the tracker pod. If the battery level is low, see CHARGE THE TRACKER POD on page 4 and charge the tracker pod.

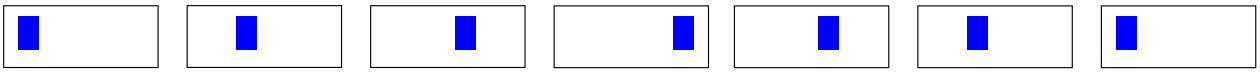
	LED Indicators	Battery Level Percentage
	1 solid	25 or less
	2 solid	26–50
	3 solid	51–75
	4 solid	76–100

Start a Workout

The tracker pod will detect your workouts automatically. You can also start a workout manually on the tracker pod.

To start a workout manually, press the button on the tracker pod 3 times. The tracker pod will remain in workout mode for 15 minutes. Then, if the tracker pod detects further activity, it will continue in workout mode.

When a workout begins, the LED indicators on the tracker pod will appear in the following pattern.



The tracker pod will record your **average speed during each minute** of your workout. This information will be displayed in your workout history in the iFit Track app.

Note: The tracker pod will detect automatically the type of activity you are performing, such as walking, running, sleeping, and so forth. Allow 10 seconds for the tracker pod to detect the type of activity you are performing.

Wear a Heart Rate Monitor

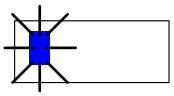
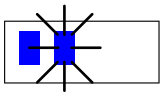
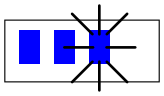
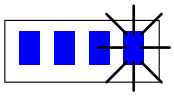
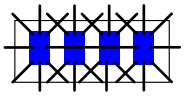
When you wear a compatible heart rate monitor, the tracker pod will record your heart rate during your workouts. When the tracker pod detects a heart rate monitor, the tracker pod will vibrate 4 times. Your heart rate will be displayed in your workout history in the iFit Track app.

The tracker pod is compatible with all BLUETOOTH Smart heart rate monitors. **For information about purchasing a BLUETOOTH Smart chest heart rate monitor, see THE OPTIONAL CHEST HEART RATE MONITOR on page 9.**

Check Your Goal Progress

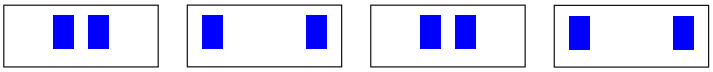
Press the button on the tracker pod 1 time to check your goal progress. When a goal is achieved, the tracker pod will vibrate 8 times and the LED indicators will flash for 5 seconds.

Note: You can set steps, distance, and calorie goals in the iFit Track app.

	LED Indicators	**Goal Achieved Percentage**
	1 flashing	25 or less
	1 solid, 1 flashing	26–50
	2 solid, 1 flashing	51–75
	3 solid, 1 flashing	76–99
	4 flashing	100

Receive a Move Time Notification

You can set a move time in the iFit Track app. A move time is a notification that will alert you when the tracker pod detects that you have been physically inactive for a set period of time. When the move time that you set occurs, the tracker pod will vibrate 4 times and the LED indicators will appear in the following pattern to alert you.



Record Your Sleep

When you wear the tracker pod at night, it will detect your sleep automatically. Your sleep information will be displayed in your sleep history in the iFit Track app.

Note: The tracker pod will detect automatically the type of activity you are performing, such as walking, running, sleeping, and so forth. Allow 10 seconds for the tracker pod to detect the type of activity you are performing.

The Optional Chest Heart Rate Monitor

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a BLUETOOTH Smart chest heart rate monitor, please visit www.shop.iFit.com.**

Note: The tracker pod is compatible with all BLUETOOTH Smart heart rate monitors.

Compliance Information

United States Compliance Information

FCC Statement. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

Canada Compliance Information

IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-003.

Recycling Information

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve standards of environmental protection. For information about safe and correct disposal methods, please contact your local city office or waste disposal office, or the establishment where you purchased this product.

Battery Information

This electronic product contains a rechargeable battery. A rechargeable battery has a long service life if treated properly. Do not expose the battery to extreme temperatures. For maximum battery capacity, use the battery at room temperature. If the battery is used in low temperatures, the battery capacity will be reduced.

Limited Warranty

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some regions do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some regions do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from region to region.

For claims, please visit our Customer Care website at support.iFit.com or send e-mail to support@iFit.com.

ICON Health & Fitness, Inc.
1500 S. 1000 W.
Logan, UT 84321-9813, USA

Limited Warranty For Europe

The warranty terms above may not apply to you. To receive information about your warranty, send email to support@iFit.com.

IFIT is a registered trademark of ICON Health & Fitness, Inc. App Store and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google Inc. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

Part No. 371064 R0915A

© 2015 ICON Health & Fitness, Inc.